



4/11 Grandview St, East Ballina,
NSW 2478, Australia
+61(0)2 8064 7431

26523 N.Huntwood Ln, Santa Clarita
CA 91387-6388, USA
+1 (323) 381 9810

spirited@depth.net.au • www.depth.net.au

Things to watch out for in choosing to manage a dual/multiple role relationship

As a person entering into a dual role with me, you may find yourself experiencing things that are difficult to predict in advance. It is easy for this to get confusing and challenging.

Here are a few things to watch for in yourself. They are also things for me to watch for as well. If either of us notices one or several, let's agree to let each other know so that we can attend to and resolve the situation.

- resentment or feeling taken advantage of
- wanting or attempting to take care of me at your own expense
- feeling disempowered
- trying to do it all perfectly
- feeling abnormally guilty, wrong, or at fault
- feeling surprised or confused by some behavior of mine
- feeling confused about responsibilities that accompany each role, when and how to be in each role, and how to shift from one to another
- feeling uncertain or burdened by a new level of sharing personal information
- feeling strongly vulnerable or young or incompetent
- being unsure or unclear about our agreements or contracts
- discovering assumed expectations based on our other or previous role relationship

Once named, I find that there are helpful changes that can be made more easily than could be imagined. What's important is noticing and talking about things, to prevent them becoming problematic, to keep the relationship positive and mutually beneficial, and to keep an ethic of care as central.

Steve Vinay Gunther